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ADHD & Executive Functioning

AFFIRMATION CARDS



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These affirmation cards are crafted to support individuals with ADHD in managing executive functioning challenges. By using these affirmations, you can reinforce practical strategies, build resilience, and empower yourself to navigate daily tasks and responsibilities effectively.

HOW TO USE THE AFFIRMATION CARDS:

1. **Daily Practice:** Select a few affirmations each morning to set a positive tone for your day. Repeat them aloud or silently to yourself.
2. **Focus Areas:** Choose affirmations that align with specific challenges you're facing, such as time management or task initiation.
3. **Reflection:** At the end of the day, reflect on how the affirmations influenced your actions and mindset. Consider journaling about your experiences.
4. **Visualization:** As you recite each affirmation, visualize yourself successfully implementing the strategy or behavior it describes.
5. **Adaptation:** Feel free to personalize the affirmations to better suit your individual journey and goals.

**I effectively
manage my
time with clear
goals.**



**I prioritize tasks
based on their
importance
and urgency.**



**I create and
maintain routines
that support my
success.**



**I focus on one
task at a time to
enhance my
productivity.**



**I am patient
with myself as I
work through
challenges.**



**I celebrate each
task I complete,
no matter how
small.**



**I develop
strategies to
minimize
distractions.**



**I make informed
decisions that
align with my
goals.**



**I control my
impulses and
choose thoughtful
actions.**



**I organize my
environment to
support my
focus.**



**I learn from my
experiences and
adapt as
needed.**



**I value my
unique
strengths and
perspectives.**



**I commit to
improving my
executive
functioning skills.**



**I approach
problems with
creativity and
persistence.**



**I deserve
success and
fulfillment in
my endeavors.**



**I recognize
and
acknowledge
my progress.**



**I stay present
and attentive
to the task at
hand.**



**I proactively
address my
needs and
priorities.**



**I confidently
plan and
organize my
tasks.**



**I show
kindness to
myself when
plans change.**



**I adapt my
routines to fit
my evolving
needs.**



**I am mindful of
my actions
and their
impact.**



**I set and
achieve realistic
and meaningful
goals.**



**I utilize available
resources to
support my
growth.**



**I am patient
with my
journey of self-
improvement.**



**I trust my
instincts and
make informed
choices.**



**I overcome
procrastination
with actionable
steps.**



**I manage my
emotions and
reactions
effectively.**



**I establish
positive habits
that support my
goals.**



**I take breaks
to recharge
and maintain
focus.**



**I focus on
solutions
and
possibilities.**



**I am proud of
my efforts
and
dedication.**



**I seek help
and guidance
when needed.**



**I enhance my
productivity
with structured
plans.**



**I am at peace
with my
progress and
growth.**

